

Kentucky State Parks Adventure Programs



Barren River Lake State Resort Park

Contact Information:

Lisa Deavers, Recreation Supervisor
270-646-2151
Lisa.Deavers@ky.gov

Barren River's Beginners Backpacking Trip 3/8/2008 to 3/9/2008, 3/29/2008 to 3/30/2008

Wanting to try backpacking for the first time or just haven't been out in a while? Then join us for this fun overnight camping trip. We provide all the equipment and meals while we are out. We will be practicing Leave No Trace principals along the way. \$75.00 fee. Must pre-register and must be over 16 years of age. Limited to 8 participants

Barren River's Overnight Canoe Trips 9/27/2008 to 9/28/2008, 10/4/2008 to 10/5/2008

Join our staff for a fun weekend canoeing and camping. This is a 20 mile paddle along the Green River. We provide all the equipment and the training (if you've never paddled before). This trip is for ages 16 and over. Must pre-register. \$75 per person.

Blue Licks Battlefield State Resort Park

Contact Information:

Paul Tierney, Park Naturalist
859-289-5507
ptierney@gx.net

Licking River Overnight Canoe Trip 5/31/2008 to 6/1/2008, 6/28/2008 to 6/29/2008, 7/19/2008 to 7/20/2008, 9/13/2008 to 9/14/2008

An all-inclusive 23-mile excursion on the Licking River. Park will supply canoe's, Life jackets, transportation for 12, tents, sleeping bags, bed rolls, snacks, evening meal, and breakfast all for just \$75.00. 20 miles on first day, additional 8 miles the second day returning to the park by 1:00 pm.

Carter Caves State Resort Park

Contact Information:

Coy Ainsley, Park Naturalist
606-286-4411
Coy.Ainsley@ky.gov

Carter Caves Crawlathon
1/25/2008 to 1/27/2008

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The Crawlathon is somewhat unique among caving events in that it provides beneficial activities for anyone interested in caves and caving without regard to their level of expertise. Examples of the trips offered include, wild caving trips, canoeing, pit plunging, vertical workshops, proper techniques of caving workshops, kids trips, etc. The weekend also includes Friday and Saturday night presentations on cave topics and of course the squeezebox competition. Crawlathon is a weekend packed full of adventure, excitement, friends, family and memories. Registration deadline: 1/15/2008. Event time: 4pm to 12pm.

Kentucky Backcountry Event "Blooming Karst Trek" **5/3/2008**

Trillium, hepatica and spring beauties are just a few of the wildflowers that cover the hills and valleys of Carter Caves. During this trek you will see two amazing natural bridges, enjoy scenic views of Smoky Lake and see many wildflowers in full bloom. In the afternoon you will trek into the beautiful Horn Hollow valley where you leave the comforts of daylight and enter the dark, wet environment of Horn Hollow Cave (cave portion is optional). After reaching the surface we will hike back to civilization and the comforts of life. A dependable flashlight, sturdy shoes, a pack lunch and a couple of bottles of water is required for the trek. The fee includes the guided hike, cave trip, a souvenir walking stick and a Carter Caves hiking stick medallion. The fee is \$20 per person. The trip meets at the Welcome Center at 9:30 a.m. The trek is approximately 6 miles and 4-5 hours in length. Pre-registration is required. Call the Recreation Department to register at 606-286-4411.

Kentucky Backcountry Event "Bat Cave Extreme" **5/31/2008, 7/12/2008**

This is an extreme cave excursion into our longest cave on the park, Bat Cave. The trip is considered strenuous and will include stooping, bending, climbing and crawling through dark, wet and muddy cave passages. Cavers encounter passages that require long hand and knee crawls and some belly crawls. Do not attempt this trip if you are claustrophobic, have a bad back, bad knees, or if you are not in good health or shape. You must be 15 years or older to participate. Headlamps and kneepad rental is included on the trip. Required equipment includes: A helmet with a chin strap, a backup flashlight with new batteries, long pants & shirt, sturdy boots that cover the ankle, at least two bottles of water, a pack lunch which is cave friendly (meaning it will not smash in your pack while crawling) and a pack to carry your equipment in. The fee is \$20 per person. Meets at the Welcome Center at 9:30 a.m. Pre-registration is required! Call the Recreation Department to register at 606-286-4411.

Kentucky Backcountry Event "4 C's Trek"

Test your endurance into the backcountry of the park on the Carter Caves Cross Country Trail! This 7.5-mile loop excursion is on moderately difficult terrain. It highlights swinging bridges, views of the secluded Smoky Lake and a passage through Shangra La Arch. The leaves should be in the midst of changing for this beautiful fall hike! Required equipment includes a sack lunch, good hiking boots, several bottles of water and a backpack to carry your equipment in. The fee includes the guided hike, a walking stick and a Carter Caves walking stick medallion. The fee is \$20 per person. The trek is approximately 7.5 miles and 5-6 hours in length. Meets at the Welcome Center at 9:30 a.m. Pre-registration is required! Call the Recreation Department at 606-286-4411 to register.

Cumberland Falls State Resort Park

Contact information:

Bret Smitley or Steve Gilbert, Park Naturalists
606-528-4121
BretA.Smitley@ky.gov or Steve.Gilbert@ky.gov

Backpacking 101

1/19/2008 to 1/20/2008, 2/2/2008 to 2/3/2008, 3/29/2008 to 3/30/2008

Let the naturalist staff at Cumberland Falls teach you the basics of environmentally responsible backpacking while you enjoy a night in the beautiful Daniel Boone National Forest. These treks are guided overnight trips designed both for folks without a lot of experience in the backcountry as well as for more experienced backpackers who are interested in learning minimum impact camping techniques. Not only do we provide

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instruction on how to plan an overnight trip, but we also provide all of the equipment needed on your weekend with us. Each trip is approximately 8-10 miles round-trip with 300 feet of elevation change. Participants must be able to walk the distance carrying at least 25 pounds. Limited to ages 18 and up. Registration fee of \$75 per person includes all equipment rental, instruction, and meals. Registrants will receive a list of suggested personal items to bring.

Overnight Canoe Adventure

4/5/2008 to 4/6/2008, 5/3/2008 to 5/4/08, 10/11/2008 to 10/12/2008

Many people enjoy canoeing and would like to travel further than they can go in a day. The Naturalist staff at Cumberland Falls can take you on an overnight canoe adventure. You will have the option to fish for River Smallmouth Bass and Walleye. (a Kentucky fishing license is required). We will begin in the morning and canoe and fish until time to set up camp. We will camp overnight and canoe the next day until lunch. The naturalist staff can show you what and how to pack and also teach minimum impact camping techniques. Not only will you learn how to plan an overnight canoe trip, but we also provide all of the equipment needed. (Bring your own fishing gear). Limited to ages 18 and up. Registration fee of \$75 includes all equipment rental, instruction, and meals. Registrants will receive a list of suggested personal items to bring prior to their trip. For more information, contact Steve Gilbert at Steve.Gilbert@ky.gov

Backcountry Adventure Event - Day Long Adventure Hike

6/7/2008

Love the outdoors but the thought of sleeping out is not for you? Then try out an all-day hiking excursion. Our hike will begin in the morning and we will stop for lunch along the trail. We will hike approximately 6 miles and be finished before dark. The registration fee of \$15 includes lunch on the trail. Learn about native plant and animal life and experience some breathtaking views. Registrants will receive a list of suggested personal items to bring prior to their trip. For more information or to register, please contact Steve Gilbert at Steve.Gilbert@ky.gov or (606) 528-4121.

Moonbow Trail Trek

11/1/2008

Hikers can choose a challenging 4.5 or 10.8 mile trek through the beautiful Cumberland River Gorge. These Adventures are unguided but hikers will pass through check points along the way. Registration fee: \$15.00. Event time: 7:30 a.m. to 5:00 p.m.

Dale Hollow Lake State Resort Park

Contact information:

Jamie Avery, Recreation Supervisor
270-433-7431
Jamie.Avery@ky.gov

Beginners Caving Expedition

11/07/2008 - 11/09/2008

If you would like to learn more about the recreational sport of caving, then make plans to attend our first Beginners Caving Expedition. We will offer educational programs about caves and the recreational sport of caving, go hiking to learn about the geography of the area, and take you on guided tours through a cave.

General Butler State Resort Park

Contact Information:

Tanya Supplee, Recreation Supervisor
502-732-4384
Tanya.Supplee@ky.gov

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Mountain Biking on the Fossil Trail

4/1/2008 to 11/30/2008

We invite you to experience our Fossil Trail at General Butler State Resort Park. Come gear down with us during these open times for Mountain Biking April - November. Riders under 16 years of age must have adult/guardian rider supervision at all times. Riders must wear helmets, and adhere to no ride dates as posted at Lodge Front Desk, Recreation Center and/or Bike Butler's website www.bikebutler.com. Caution is required since trail is open to hikers. Enjoy our challenging terrain and scenic beauty. One loop for the Fossil Trail is 4.5 miles and considered moderate skill level.

General Butler & Bike Butler Off Road Triathlon

7/13/2008

"Tri" a 1/2 mile lake swim, 3 mile trail run and finally a 10 mile off road mountain biking course. There are a variety of age divisions for women & men, along with a team division. Pre-registration is encouraged, but day of race registration is available. Get a jump start and pre-ride & run the course on Saturday, but sorry to say pre-lake swim is not permitted. Registration & more information go to www.bikebutler.com

Mud, Sweat & Gears Mountain Bike Race

9/28/2008

The race is held for a variety of age & skill categories. Race held off road on the Fossil Trail of General Butler State Resort Park. Helmets are required. Fees vary depending upon age & skill level. Visit www.bikebutler.com for further details on registration.

Greenbo Lake State Resort Park

Contact Information:

Claire Earnhart, Park Naturalist

606-286-4411

Claire.Earnhart@ky.gov

Michael Tygart Loop Trek

1/19/2008, 4/5/2008

Travel back in history on this 9-mile trek named for early Kentucky explorer, Michael Tygart. The moderately easy trek leads past a mid-19th century iron furnace, historic cemetery, and iron ore pits, descends into Pruitt Fork Valley, site of several pioneer homes and numerous wildflowers, and concludes along the scenic lakeshore. Begins at 9 a.m. at the lodge and ends approximately at 2 p.m. \$15 registration fee includes souvenir. Download [Adventure](#) flyer (pdf file).

Claylick Loop Trek

2/23/2008

Explore one of the newest trails at Greenbo Lake State Resort Park, the 7 mile Claylick Loop. This moderate trek leads into the backcountry of the third largest KY state park, following ridgelines past giant oaks and several rock shelters. Hike begins at 9 a.m. at the boat dock, concludes in afternoon. \$15 registration fee includes souvenir. For more information or to register call or e-mail Claire Earnhart: Claire.Earnhart@ky.gov or 1-606-473-7324. Download [Adventure](#) flyer (pdf file).

Beginner's Backpacking

3/8/2008 to 3/9/2008, 9/27/2008 to 9/28/2008, 11/1/2008 to 11/2/2008

Let the staff at Greenbo Lake teach you the basics of backpacking while you spend a night in the backcountry of the 3,300 acres of Greenbo Lake State Resort Park. These trips are designed for those that are both experienced and inexperienced; basically for anyone who is interested in a guided overnight hike that teaches environmentally responsible camping. We provide the instruction on how to plan an overnight backcountry trip as well as all the equipment needed so you can try out the backpacking experience before choosing to invest in the sport. The trip starts Saturday morning and ends Sunday afternoon. Each trip is approximately 10 miles roundtrip and participants must be able to walk this distance carrying at least 25 pounds. Limited to ages 18 and up. Registration of \$75 includes rental of equipment, instruction and meals. Registrants will receive a list of suggested personal items to bring prior to the trip. For more information or to register call or e-mail Claire Earnhart: Claire.Earnhart@ky.gov or 1-606-473-7324

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Michael Tygart Earth Day Hike **4/19/2008**

Celebrate Earth Day as we travel back in history on this 9-mile trek named for early Kentucky explorer, Michael Tygart. The moderately easy trek leads past a mid-19th century iron furnace, historic cemetery, and iron ore pits, descends into Pruitt Fork Valley, site of several pioneer homes and numerous wildflowers, and concludes along the scenic lakeshore. Begins at 9 a.m. at the lodge and ends approximately at 2 p.m. \$15 registration fee includes souvenir. Download [Adventure](#) flyer (pdf file).

Jenny Wiley State Resort Park

Contact Information:

Trinity Shepherd, Park Naturalist
606-889-1790
Trinity.Shepherd@ky.gov

Overnight Canoe Trip on Upper Dewey Lake

6/7/08 to 6/8/08, 7/12/08 to 7/13/08, 8/9/08 to 8/10/08, 9/06/08 to 9/07/08

This excursion is a guided, naturalist overnight canoe trip on Dewey Lake. We'll canoe to the upper reaches of the lake to a cabin that once occupied workers that built the lake in the 1940's and now maintained by the Oddfellows Youth Camp. There we will spend the night and tell stories around the campfire. The next morning includes a tree and wildflower hike exploring the Dewey Lake Wildlife Management Area. The registration fee of \$50 per person includes an evening cookout, overnight cabin stay, breakfast, hike, and more.

Lake Barkley State Resort Park

Contact information:

Jenny Howard, Park Naturalist
270-924-1131
Jenny.Howard@ky.gov

Barkley Backcountry Weekend

3/28/2008 to 3/30/2008

Get outdoors at Lake Barkley! On Friday night and throughout the day on Saturday, we'll have outdoor experts and demonstration gear on hand, share principles of Leave No Trace hiking and camping, cook up some campfire meals together, discover public backcountry areas in Kentucky, and learn about the issues of conservation and backcountry concern. Activities will continue at Barkley Lodge through Saturday evening.

Barkley Backpacking 101

4/5/2008 to 4/6/2008, 5/3/2008 to 5/4/2008, 10/18/2008 to 10/19/2008, 10/25/2008 to 10/26/2008, 11/8/2008 to 11/9/2008

Interested in spending a night under starry skies and a day surrounded by woods and water? Setting out on an overnight backpacking trip and investing in the gear to do it can be a chore - unless you've been on one of Barkley's Backpacking 101 Weekends! Join the Park Naturalist on Saturday morning for a one-night camping trip where we provide the gear, the experience, and the memories! Registration is limited, so call ahead and reserve your spot. Registration deadlines are 14 days prior to each trip.

Natural Bridge State Resort Park

Contact Information:

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Brian Gasdorf or Noelle Grunwald, Park Naturalists
606-663-2214

Brian.Gasdorf@ky.gov or Noelle.Grunwald@ky.gov

Exploring Arch Country Guided Hikes

1/12/2008, 6/14/2008, 7/12/2008, 8/9/2008, 10/11/2008, 12/6/2008

For the adventurous only! Enjoy a day of hiking throughout Kentucky's Land of the Arches! On these guided hikes you will get a good look at the area's rugged cliff lines, rock shelters, rhododendron, and natural arches. Destinations include both well-known features of the area as well as some of its little known secrets! Each trip is different. Total distances vary from 6 to 12 miles. The registration fee of \$15 includes guide, snacks, and a Natural Bridge souvenir. Pre-registration is required and space is limited. Families are welcome. Please contact Park Naturalist Noelle Grunwald at noelle.grunwald@ky.gov or call 606-663-2214 x2104 for more information.

Arches Hiking Weekend

2/8/2008 to 2/9/2008

There are hundreds of natural arches and bridges within a few miles of Kentucky's Natural Bridge and winter is the best time to see them! Join experienced guides for a day of hikes throughout the area ranging from short easy walks to long treks in the backcountry. Evening speakers Friday and Saturday nights will focus on the geology and history of the area. On site registration fee is \$5 per adult and \$2 per child ages 2-12. Children 2 and under are free. Please contact Park Naturalist Noelle Grunwald for more information at noelle.grunwald@ky.gov or 606-663-2214 x2104.

Leave No Trace Beginner Backpacking Workshop

3/8/2008 to 3/9/2008, 3/15/2008 to 3/16/2008, 3/29/2008 to 3/30/2008, 9/20/2008 to 9/21/2008, 9/27/2008 to 9/28/2008, 11/8/2008 to 11/10/2008, 11/15/2008 to 11/16/2008

Learn the basics of Leave No Trace backpacking while enjoying the beauty of Natural Bridge and the Red River Gorge! Trips are 8-10 miles round-trip with an elevation gain of 400'. Participants must be able to hike this distance carrying 30 pounds. Space is limited and participants must be 18 or older. The registration fee of \$75 per person includes instruction, equipment, and meals for the duration of the trip. Pre-registration is required and space is limited. Please contact Park Naturalist Noelle Grunwald at noelle.grunwald@ky.gov or call 606-663-2214 x2104 for more information. The March 8th - 9th workshop is a Women Only trip. The November 8th - 10th workshop is a two-night trip which is only open to participants who have participated previously on a one-night trip.

Canoeing for Beginners

4/5/2008, 11/1/2008

Learn the basics of canoeing on Mill Creek Lake at Natural Bridge State Resort Park and then experience river canoeing on the beautiful Red River at the Red River Gorge Geological Area. The river trip is 8 miles on an enjoyable class I section of the Red River. Space is limited and pre-registration is required. Registration fee of \$25 per person includes instruction, canoe, paddle, life jacket, and snacks. For more information contact Park Naturalist Brian Gasdorf at Brian.Gasdorf@ky.gov or (606) 663-2214 x2104.

Pennyrile Forest State Resort Park

Contact information:

Becky Clark, Park Naturalist
270-797-3421

RebeccaE.Clark@ky.gov

Adventure Pennyrile Forest

3/15/2008, 3/29/2008, 9/13/2008, 9/27/2008

Adventure Pennyrile Forest offers a naturalist guided hike in 2008. Hike half of the Pennyrile Nature Trail for a registration fee of \$12 per person. Registration fee includes: transportation, a bottle of water, snack, and Pennyrile Forest State Resort Park Patch. Registered participants can get a 10% discount off park lodging.

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The hike is in Pennyryle State Forest and Pennyryle Forest State Resort Park and is over 6 miles. The trail rating is difficult. Download [event](#) registration form (pdf file).

Pine Mountain State Resort Park

Contact Information:

Dean Henson, Park Naturalist
606-337-3066
Dean.Henson@ky.gov

Adventure Trek to Blanton Forest 4/26/08

Enjoy a hiking adventure to explore this diverse ecological treasure located on Pine Mountain's southeastern slope. A virtual time capsule, 3,090 acres Blanton Forest is one of the largest old-growth forests in the eastern U. S. The registration fee is \$15 per person and the park will provide bottled water and transportation by van. Participation is limited to 10 persons and all participants are encouraged to bring snacks and a sack lunch. The hike is strenuous so wear sturdy boots. Time: 7 hours. The registration deadline is April 21, 2008. Contact Naturalist, Dean Henson, for more information at 800.325.1712 or Dean.Henson@ky.gov

Adventure Trek of the First Frontier 5/10/08

This historical trek will feature visits to Wilderness Road State Park and Cumberland Gap National Historical Park to trace the steps of Boone and others traveling on the Wilderness Road. Highlights include a visit to Martin's Station fort, interaction with re-enactors in period attire, a 1-mile hike to Cumberland Gap and spectacular mountain scenery. The registration fee is \$15 per person and the park will provide bottled water and transportation by van. Participation is limited to 10 persons and all participants are encouraged to bring snacks and a sack lunch. The hike is moderate so wear sturdy shoes. Time: 6.5 hours. The registration deadline is May 5, 2008. Contact Naturalist, Dean Henson, for more information at 800.325.1712 or Dean.Henson@ky.gov

Rough River Dam State Resort Park

Contact information:

Sheila Jones, Recreation Supervisor
270-257-2311
Sheila.Jones@ky.gov

Overnight Backcountry Backpacking Trip - Mammoth Cave National Park 4/12/2008 to 4/13/2008

Get out of the house and enjoy nature as we backpack through Mammoth Cave National Park. A fee of \$75 includes all equipment and supplies needed including your backpack, food, tent, sleeping bag and pad, etc. For more information please contact Sheila Jones at Rough River Dam State Resort Park 270-257-2311.

For information on all Kentucky State Parks Adventure Programs and Special Events please contact:

**Shawn Pickens
Special Events Coordinator
Kentucky State Parks
502-564-4940 ext 247
Shawn.Pickens@ky.gov**